IN THE CLAIMS

1 (Currently Amended). A personal computer card comprising:

an extensible antenna;

a coil spring to extend a first distance to push the antenna from a retracted to an extended position;

a track laterally displaced with respect to the coil spring to guide the antenna as it is pushed to its extended position, said track having a length, said first distance being greater than the length of said track; and

a catch that retains the antenna in the retracted position in said track, said catch being spring biased.

2 (Original). The card of claim 1 wherein said track extends parallel to but is laterally displaced from the coil spring.

Claims 3-9 (Canceled).

10 (Original). The card of claim 1 including a traveler that mounts said antenna and makes an electrical connection with a printed circuit board when said antenna is in its extended position.

11 (Currently Amended). A method comprising:

providing an extensible antenna in a personal computer card;

providing a coil spring to push ~~that pushes~~ the antenna a first distance from a retracted to an extended position;

displacing the ~~a~~ track laterally with respect to said coil spring to guide the antenna as it is pushed to its extended position, said first distance being greater than the length of the track; and

providing a resiliently biased follower to ride in said track and to control the position of said antenna as it moves between retracted and extended positions.

12 (Original). The method of claim 11 including extending said track parallel to but laterally displaced from the coil spring.

13 (Original). The method of claim 11 including positioning a catch to releasably retain said antenna in the retracted position and enabling the catch to be released when the antenna is pushed beyond its retracted position.

14 (Original). The method of claim 13 including enabling the antenna to move more than 17 millimeters.

15 (Original). The method of claim 11 including enabling the antenna to move approximately 27 millimeters.

Claims 16-20 (Canceled).